



**SAVE THE DATE !!**

Thursday, October 22,  
2009

Bingemans Park,  
Kitchener

For More information  
see Page 7

**September  
is  
Coffee Break month**

Check out page 4 on how  
you can make this years  
Coffee Break an event to  
remember .

*Inside this issue:*

What's Happening	1
Message From Executive Director	2
Support & Discussion	3
Coffee Break 2009	4
Third Party Events	5
Education	6
Upcoming Educational Events	7
Your Support	8

# MESSAGE FROM THE EXECUTIVE DIRECTOR

## In Praise of our Chapter Staff

There have been exciting changes to our Staff Team recently and so I thought that I would tell you how we have expanded the number of staff working at our Chapter and describe to you all the wonderful work that they do.

Jennifer Ghent-Fuller has been our Public Education Coordinator for the past 9 years and continues to provide excellent Public and Family Education. She plays an important role in Allies in Aging Conference held each October at Bingemans Park. Ike Veenstra has been with Chapter for 5 years as our Family Support Coordinator and provides wonderful support to persons with dementia and their caregivers and families. Recently Debra Naylor joined us to work with Ike in coordinating the many Support Groups we offer. Debra brings with her a wealth of experience in the area of dementia care.

The friendly voice you hear on the phone is our Administrative Assistant Kimberly Roberts who has returned from maternity leave and is now responsible for coordinating the Special Events and Volunteer Program at our Chapter. I am happy to announce that Karen Gledhill who had replaced Kimberly when she was away is now our Bookkeeper and is doing an amazing job. This summer we are happy to have Amy Shuh again as our summer student, Amy is working hard on our Coffee break Event to be held in September 2009. Joining us this summer is Celeste Ferland-Lavalee, a student from Montreal, on a student exchange program. Celeste is helping us a great deal with general Office duties. Both Amy and Celeste are leaving on August 14th, to return to school. We wish them well!

## BOARD OF DIRECTORS 2009-2010

<b>Nancy Kauffman-Lambert</b>	<b>President</b>
<b>Noella De Sousa</b>	<b>Past President</b>
<b>Michael Mann</b>	<b>Vice President</b>
<b>Larry Arndt</b>	<b>Treasurer</b>
<b>John Shannon</b>	<b>Secretary</b>
<b>Gail Russell</b>	<b>Director</b>
<b>Brian Hummel</b>	<b>Director</b>
<b>Val Brooks</b>	<b>Director</b>
<b>Sheila Murphy</b>	<b>Director</b>

## STAFF

<b>Carol Taylor</b>	<b>Executive Director</b>
<b>Kimberly Roberts</b>	<b>Executive Assistant</b>
<b>Karen Gledhill</b>	<b>Bookkeeper</b>
<b>Jennifer Ghent-Fuller</b>	<b>Public Education</b>
<b>Ike Veenstra</b>	<b>Family Support</b>
<b>Debra Naylor</b>	<b>Family Support</b>
<b>Jill Mercier</b>	<b>Volunteer Companion</b>
<b>Annette Bauman</b>	<b>First Link</b>

The First Link Program Coordinator is Annette Bauman who is housed in the Kitchener Office but resides in our Office on Mondays. Annette connects with Family Health Teams, Community Health Centres, Doctors, Nurses and Social Workers to link individuals diagnosed with Alzheimer's disease or a related dementia (ADRD) to community services and support.

I joined the Alzheimer Society of Cambridge four years ago as Executive Director and they have been the most rewarding years of my working life.

I have had the privilege to report to a dynamic and dedicated Board of Directors and to work with a strong team of caring and capable staff and volunteers.

**Carol Taylor**

# Support & Discussion Groups

For more information or to become part of a group,  
please contact Ike or Debra at 519-650-1628  
[ike@alzheimercambridge.on.ca](mailto:ike@alzheimercambridge.on.ca) or [debra@alzheimercambridge.on.ca](mailto:debra@alzheimercambridge.on.ca)



**Spousal Caregivers**  
**Support Group: Caring at Home**  
2nd Wednesday of each month  
1:30 - 3:00 pm  
For spouses providing care at home and seeking support and understanding.

**Spousal Caregivers**  
**Support Group: Long-Term Care**  
3rd Wednesday of each month  
1:30 - 3:00 pm  
For spouses supporting the care of a loved one in LTC.

*New Program*  
**"Caring for Parents"**  
**Support Group**  
For adult children needing help supporting a parent with dementia.  
Every 3rd Tuesday  
7—8:30 pm

**Living with Grief**  
2nd Tuesday of each month  
1:30-3:00 pm  
For those who have lost a spouse to dementia.

*For family and individual supportive counselling call Ike at 519-650-1628*

**"First Steps" for people living with Early Memory Loss**  
Date and Time to be arranged  
A 5 week education and support session for persons living with memory loss and their caregivers.

**Early Memory Loss Support Group**  
2nd/4th Tuesday of each month  
10:00-11:30 am  
For people living with early memory loss wanting to meet others faced with similar experiences.

# 14<sup>TH</sup> ANNUAL COFFEE BREAK™ 2009

## Alzheimer Coffee Break

September 2009

A cup of coffee can make a big difference to someone affected by Alzheimer's disease. During September, people in our community come together for coffee to support Alzheimer Society of Cambridge. Help us reach our goal of \$20,000 to help to those affected by Alzheimer's disease and related dementias in Cambridge and North Dumfries. Look for our Coffee Break posters and decal cups throughout participating restaurants, workplaces, homes, churches, and long-term care facilities...anywhere a pot is brewing.

### A cup of coffee *CAN* make a Difference

**Here is how you can get involved...**

#### **Host a Coffee Break!**

You can host a Coffee Break any time in September – it can be as easy as putting a poster and donation box by the coffee pot in your office or as much fun as gathering people together for a special Coffee Break of coffee, tea and sweets. We provide suggestions and Hosts Kits with everything you need including the coffee; you provide the people.

#### **Get Creative!**

Think about how you can help. In past years, some retail partners and restaurants have invited their customers to “Round-Up” their bill, while others have hosted “Dress-Down/Up Days”. One group produced a cookbook. There are so many ways to help – *what's yours?*

#### **Sponsor or Donate!**

Sponsorship opportunities are available, including cash and / or in-kind support. For example, corporate partners may be interested in assisting with promotional efforts or providing supplies or recognition prizes for Coffee Break events and Hosts

#### **Offer “Buck-a-Cups”!**

Invite your guests and/or customers to “donate a buck for a cup” for a Coffee Break paper decal, on which they can write their name and proudly display their support for those with Alzheimer's disease. For our retail partners, it is as simple as scanning the UPC code on the reverse and collecting a loonie.

**For more information on planning your Coffee Break with friends, family, neighbors and co-workers contact Kimberly at 519-650-1628 or [coffeebreak@alzheimercambridge.on.ca](mailto:coffeebreak@alzheimercambridge.on.ca)**



Thank You Coffee Break 2009 Sponsors

***Barrday* GOAD & GOAD**

**Vaughn Agricultural Research Services Ltd.**



## THIRD PARTY EVENTS

**Thank-You to Sheldon & Christine Rier & MitoGraphics**

Who raised an amazing \$1,100 for our Chapter !!



Auburn - Cord - Duesenberg ~ 2009  
ACD CLUB –CAN-AM MEET

Was hosted By : The Rier's And MitoGraphics  
( [www.mitographics.com](http://www.mitographics.com))



In support of The Alzheimer Society Of Cambridge on July 9th  
It was a great event with a garage tour, test drives in 1920-1960's vehicles,  
charity BBQ and then a special ACD themed version cruise night at A & W.

## LEARN FOR MEMORIES

Join us on Wednesday evenings from 7-9 P.M. during the month of September

Cost: \$30.00 Per Evening OR \$100 for the series (4 evenings, 8 Sessions)

For more information:

Website: [www.LearnForMemories.blogspot.com](http://www.LearnForMemories.blogspot.com)

Email: [learnformemories@gmail.com](mailto:learnformemories@gmail.com)

Phone: Donna Campbell ~ 519.716.2787

All proceeds to Alzheimer Society of Cambridge

Topics will be chosen from: Home Staging, Mind Mapping, Tai Chi,  
Laughter Yoga, Professional Organizer, Feng Shui, Nutrition, Naturopathy,  
Belly Dancing, Making a Great First Impression, Car Show & Shine and others

## Where Did You Get That? Craft Show 2009

*CH Candle Making* is hosting Craft Show & Sale

Sunday October 25, 2009.

From 9:00 am—3:00 pm

Cambridge Masonic Lodge

1 Groh Ave, Cambridge, ON N3C 1Y6

With proceeds to support The Alzheimer Society of Cambridge

# EDUCATION



## First Link~ Fall 2009 Training Workshops for Family Members at the Alzheimer Society of Cambridge



Date and Time	Topic
<b>2 - 4 PM :</b> Sept 8, Oct 5, Nov 17. <b>6 - 8 PM:</b> Sept 16, Oct 14, Nov 25.	<b>Changes to Expect</b> - an overview of the changing world of the person with a dementia
<b>2 - 4 PM:</b> Sept 15 <b>6 - 8 PM:</b> Sept 17	<b>All About Dementia</b> - what happens during dementia, the different diseases that cause dementia, drugs, research
<b>2 - 4 PM :</b> Sept 22 <b>6 - 8 PM:</b> Sept 24	<b>The Impact of Changes in the Brain</b> - approaches to take
<b>2 - 4 PM :</b> Sept 29 <b>6 - 8 PM:</b> Oct 1	<b>Communication and Interaction</b> - the skills needed to decrease the stress caused by dementia
<b>2 - 4 PM :</b> Oct 13 <b>6 - 8 PM:</b> Oct 15	<b>Utilizing Community Services</b> - driving assessment, respite services, care in the home and in the nursing home
<b>2 - 4 PM :</b> Oct 27 <b>6 - 8 PM:</b> Oct 29	<b>Meeting the Stress of Care Giving</b> - preventing deterioration of your own health
<b>2 - 4 PM :</b> Nov 3 <b>6 - 8 PM:</b> Nov 5	<b>Legal and Financial Issues</b> for families coping with a dementia
<b>2 - 4 PM :</b> Nov 10 <b>6 - 8 PM:</b> Nov 12	<b>Delivering Personal Care</b> - how to assist with dressing, bathing, food preparing and presentation; lifting without hurting yourself, toileting, continence products
<b>2 - 4 PM :</b> Nov 16 <b>6 - 8 PM:</b> Nov 19	<b>Care in the Late Stage</b> - comfort in the final days
Registration and Wait List	Space may be limited - if a session is full, your name will be placed on a wait list for the same session on a different day <b>Call us at 519-650-1628 to register with Ike, Debra or Jennifer</b>

# Upcoming Education

## Mark Your Calendars



**October 22, 2009**  
**for the**  
**11th Annual**  
**Allies in Aging Conference!**

Keynote Speaker : **Stephen G. Post, PH.D.**

**The Self Enduring: The meaning and Joy of Compassionate Care for the Deeply Forgetful**

Medical Address: **Dr. Geoff Daniel**

**Dementia and Depression: Detecting, Differentiating and Improving Outcomes**

Seminars: Stephen G. Post, PhD—Caregiving as a Spiritual Practice  
 Lori Schindel-Martin, PhD—Communicating Strategies and Bathing Techniques  
 Francis Morton, PhD Candidate—Caregiver Strategies  
 Michael Lewis—Rolling with Life's Ups and Downs

**Registration forms are now available on our website :**

**[www.alzheimercambridge.on.ca](http://www.alzheimercambridge.on.ca)**

**PRESENTATIONS AT THE SENIORS' CENTRES: Please Call to Register**  
**W.G. Johnson Center - 519-654-9001 ; Alan Reuter Centre - 519-653-8822**  
**David Durwood Centre - 519-740-4681 ext 4634 \* \$2.00 fee for non - members of Centre**

<p><b>10:00-11:30 am</b>  <b>September 15, 2009 — Alan Reuter Centre</b>  <b>October 20, 2009 — David Durwood Centre</b>  <b>November 10, 2009 — W.G. Johnson Center</b></p>	<p><b>Visiting a Person who has a Dementia -</b>                      Dementia changes the usual way we visit with each other. Find out creative ways to have a meaningful visit.</p>
<p><b>10:00-11:30 am</b>  <b>September 29, 2009 — W.G. Johnson Center</b>  <b>October 27, 2009 — Alan Reuter Centre</b>  <b>November 24, 2009 — David Durwood Centre</b></p>	<p><b>Keeping Your Mind Sharp: Heads Up! for a Healthier Brain!</b> A review of the environmental and life-style factors that are known in research to be associated with a lower incidence of dementia.</p>

## ~~ Your Support is Important to Us ~~

### Forget~Me~Not Candles



**\$5.00 ea.**

Available at Alzheimer Society of Cambridge  
Candles by *CH Candle Making*

For more information call 519-650-1268  
or  
*CH Candle Making* at 519-240-1414

Proceeds to Alzheimer Society of Cambridge

*This newsletter is  
generously supported by:*

**L'EAU VIVANTE INC**

Bob Adams, CFP, MTS  
Esther Houghland, PEng., MBA, CHFS

**Independent Financial Planning**  
10 Landsdowne Rd. N.  
Cambridge, Ontario N1S 2S7  
Tel: (519) 620-0086 Fax: (519) 620-0349  
[info@leauvivante.ca](mailto:info@leauvivante.ca)

### MISSION STATEMENT

The Alzheimer Society of Cambridge is dedicated to supporting people with Alzheimer's Disease or related dementias and their Caregivers, by providing supportive counselling, information, education, public awareness, advocacy and promotion of research..

*Susan Lagault*  
*Joan McCready*

Lovingly honoured by Family and Friends  
Lovingly honoured by Family and Friends

### IN MEMORIAM

We would like to express our sincere sympathy to those who have lost loved ones, and gratefully acknowledge donations made to the Society in their memory. These donations are used to support those who are coping with Alzheimer's disease or a related dementia. A very special *Thank You* to all of those who chose the Alzheimer Society of Cambridge. *We appreciate your thoughtfulness.*